



Jessi White MEDICAL

For Jessi Brewer White, a career in healthcare was never simply about finding a job. It was about continuing a family legacy built on service, compassion and commitment to the people of Crittenden County. At 27, White has established herself as a trusted physical therapist assistant with Crittenden Community Hospitals' home health program, serving patients across four counties while remaining deeply rooted in the community that raised her. Her dedication to helping others, both professionally and personally, has earned her recognition in the medical category of The Crittenden Press' 10 Under 40 program.

"I've always wanted to stay in Crittenden County," White said. "I wanted to be able to help the community more than anything."

Healthcare runs deep in White's family. Her mother is an X-ray technologist, and her father spent years in law enforcement, instilling in her a strong sense of awareness, service and sacrifice.

White's path toward physical therapy began during her high school years. As a student athletic trainer, she learned basic sports medicine skills while taping athletes' ankles and assisting coaches. Her interest grew stronger after watching a cousin recover from a torn ACL through physical therapy.

Initially drawn toward sports medicine, White's priorities shifted as she matured and gained experience working as a certified nursing assistant while attending school.

"I realized that our community's main need is for our geriatric patients," she said. "I found a love for that age group."

After graduating from Crittenden County High School in 2017, White attended West Kentucky Community and Technical College before completing the physical therapist assistant program at WKCTCS in 2021. She joined Crittenden Community Hospital in January 2022 in a part-time home health position and soon transitioned into a full-time role.

Home health can be intimidating for new therapists because they work independently in patients' homes, White said; however, she quickly discovered she had found her calling.

"When you go into somebody's house, you just get a lot closer," she said. "It becomes more of a family feel."

Most of her patients are older adults who are recovering from surgeries, strokes or other life-altering health events. While therapy focuses on restoring strength, balance and mobility, White says her role often extends far beyond exercises.

"Sometimes I'm not just their PTA," she said. "Sometimes they need to talk. Sometimes I get the mail, take the trash out, walk the dog or whatever they need."

For White, the most rewarding moments come when patients regain independence they feared they had lost forever.

"Seeing someone go from being bed-bound to being able to walk again, or even just get into a wheelchair so they can go outside with their spouse, you just can't beat that," she said.

Her passion for rehabilitation is also deeply personal.

In 2019, White's grandfather Wade suffered a stroke that affected his mobility. Before she had even started PTA school, she spent weekends helping him perform exercises and continue therapy sessions at home. The experience reinforced her belief in the transformative power of rehabilitation.

A few years later, shortly after beginning her job at Crittenden Community Hospital, White was able to provide home therapy services for her grandmother Sue following a broken hip.

"It kind of took the load off starting a new job because I knew I was going to someone who loved me no matter what," she said with a laugh.

White's servant-hearted approach extends well beyond healthcare.

Raised in a family heavily involved in 4-H, she began showing goats as a preschooler and spent years competing at county, state and regional fairs across the South. Her grandparents helped establish the Goat Getters 4-H Club, continuing a long family tradition of agricultural education and youth development.

Today, White is helping preserve that legacy.

She and her husband, Mikey White, maintain a small flock of Southdown Babydoll sheep and other livestock, and she serves as leader of the local livestock club, teaching young people hands-on skills and encouraging responsibility.

"4-H gave me so much," White said. "It made me confident in who I was and taught me how to talk to people."

She believes those lessons continue to shape her work every day.

"When I walk into someone's home and they're a lot older than me, I'm not worried about what we're going to talk about," she said. "I can find ways to connect with them."

White also remains active in her church family at Deer Creek, helping lead children's church services and teaching younger students on Wednesday evenings.

As she prepares to welcome her first child later this year, White hopes to continue building on the examples set by previous generations of her family - serving patients, mentoring young people and giving back to the county she has always called home.

"There are opportunities everywhere," she said, "but when it's 10 minutes from home, and it's helping your own community, you can't really pass that up."

For White, carrying on a family legacy has never been about following in someone else's footsteps. It has been about using the gifts she has been given to help neighbors regain their independence while working with future youth excited about their future opportunities.



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